

# WIC Cooks!

## Carrot-Yogurt Salad

Makes 6-8 Servings

3 cups carrots, grated  
1 cup non-fat vanilla yogurt  
2/3 cup raisins  
1/4 sunflower seeds  
1/4 teaspoon nutmeg



1. Grate carrots.
2. Mince raisins and sunflower seeds to avoid choking for young children.
3. Combine all ingredients except nutmeg.
4. Sprinkle top of salad with nutmeg.

### Options:

Substitute finely chopped fruit for raisins and/or sunflower seeds.

### Nutrition Facts

Serv. size 1/8 recipe (79g)  
Servings 8  
Calories 90  
Fat Cal. 20

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
<b>Total Fat</b> 2.5g	<b>4%</b>	<b>Total Carb.</b> 16g	<b>5%</b>
Sat. Fat 0g	<b>2%</b>	Fiber 2g	<b>8%</b>
Trans fats 0g		Sugars 11g	
<b>Cholest.</b> 0mg	<b>0%</b>	<b>Protein</b> 2g	
<b>Sodium</b> 40mg	<b>2%</b>		
Vitamin A 140%	Vitamin C 4%	Calcium 4%	Iron 4%

This material was funded, in part, by USDA's Basic Food Program through Public Health—Seattle & King County.

The Basic Food Program provides nutrition assistance to people with low income.

It can help you buy nutritious foods for a better diet. To find out more, call 1-800-221-5689.

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**Public Health**  
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